

What is claimed is:

1. A composition comprising a catechin found in green tea, and a peroxisome proliferator-activated receptor gamma (PPAR γ) ligand.
- 5 2. A composition as in claim 1 wherein the catechin is (-) epigallocatechin gallate.
- 10 2a. A composition as in claim 1 or 2 wherein the PPAR γ ligand is a full agonist, a partial agonist, a selective PPAR γ modulator/agonist, a PPAR γ dual agonist or panagonist.
- 15 3. A composition as in claim 1 or 2 wherein the PPAR γ ligand is a thiazolidinedione.
- 20 4. A composition as in any one of claims 1-3, wherein the thiazolidinedione is ciglitazone, rosiglitazone or pioglitazone.
- 25 5. A composition as in claim 1 wherein the PPAR γ ligand is a natural PPAR γ agonist.
- 30 6. A composition as in claim 5 wherein the PPAR γ ligand is a PUFA.
- 35 7. A composition as in claim 6 wherein the PUFA is eicosapentaenoic acid or docosahexaenoic acid.
- 40 8. A composition as in claim 5 wherein the PPAR γ ligand is ligustilide.
- 45 9. A composition as in claim 5 wherein the PPAR γ ligand is phytanic acid.
- 50 10. A composition as in any one of claims 2 - 9 wherein (-) epigallocatechin gallate is present in an amount sufficient to administer to a human adult a daily dosage of about 10 mg to about 2000 mg .
- 55 11. A composition as in any one of claims 1-10 which is a nutraceutical composition.
- 60 12. The use of a catechin found in green tea and a PPAR γ ligand in the manufacture of a nutraceutical composition for the treatment or prevention of diabetes and/or obesity and syndrome X.

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13. The use of a catechin found in green tea in the manufacture of a nutraceutical composition for concomitant consumption during treatment or prevention of diabetes and/or obesity and syndrome X by administration of a PPAR γ ligand.

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14. The use as in claim 13 wherein the nutraceutical composition is a food or beverage or a supplement composition for a food or beverage.

10 15. The use as in claim 13 wherein the nutraceutical composition is a pharmaceutical composition.

16. The use as in any one of claims 13-15 wherein the catechin is (-) epigallocatechin gallate.

15 17. A method for the treatment or prevention of diabetes or obesity and syndrome X which comprises administering to a subject in need of such treatment an effective amount of a catechin found in green tea and of a PPAR γ ligand.

18. The method as in claim 17 wherein the catechin is (-) epigallocatechin gallate.

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